

I will encourage more people to go vegetarian or better still vegan! but I want 10 other people to pledge to go veggie at least to try for a month. to join me.

— Mark Saunders, Colchester newbie

More details: Meat eating not only involves cruelty and death to God's creatures but is also an incredible waste of the Earth's resources; crops feed the animals and not humans, more people can be fed on cereals and pulses than by meat. Environmental damage caused by rearing animals for "food" is their waste products, methane (greenhouse gas from cows in particular) plus the destruction of rainforest in order to graze cattle for beefburgers etc. Meat and dairy is BAD for you. You will save money too; why not give it a try. Good luck and God bless.

Text **promise RecruitVeggies** to 60022 (UK only) or promise at [promise.livesimply.org.uk/RecruitVeggies](http://promise.livesimply.org.uk/RecruitVeggies)

This promise closes on **31st December 2008**.  
Thanks!

Remember, if you promote your promise to others, you'll be helping create a community action. Not only are you being the best you can be, you're encouraging others to do the same.

 **livesimply:promise**